

#### Hygiene of the Teeth.

Dr. Felix Oswald, in Popular Science Monthly.

A hard crust is the best possible dentifrice. I never could get myself to believe in the natural necessity of a tooth brush. The African nations, the Hindoos, the natives of Southern Europe, the South Sea Islanders, the Arabs, the South American vegetarians, in short, three-fourths of our fellow-men, besides our next relatives, the frugivorous animals, have splendid teeth, without sozodont. I really believe that our decay from sheer disuse; the boarding house *homo* lives chiefly on pap—wants all his meats soft-boiled, and growls at cold biscuit or an underdone potato; in other words, he delegates to the cook the proper functions of his teeth. We hear occasionally of old men getting a second, or rather a third, set of teeth. I met one of them in Northern Guatemala, and ascertained that he had become toothless during a twelve years' sojourn in a seaport town, and that he got his new set upon his return to his native village, where circumstances obliged him to resume the hard corn-cake diet of his boyhood years. His teeth had reappeared as soon as their services were called for, and would probably never have absented themselves if a pap diet had not made them superfluous. An artificial dentifrice will certainly keep the teeth white, but that does not prevent their premature decay; disuse gradually softens their substance, till one fine day the hash-eater snaps his best incisor upon an unexpected piece of bone. Every old dentist knows hundreds of city customers whom the daily use of a tooth brush did not save from the necessity of applying, before the end of the fortieth year, for a complete "celluloid set." I do not say that a soft tooth brush and such dentifrices as oat meal or burned arrowroot can do any harm; but for sanitary purposes such precautions must be supplemented by dental exercise. Let a child invigorate its teeth by chewing a hard crust, or, better yet, a handful of "St. John's bread," or carob beans, the edible pod of the *Mimosa siliqua*. Children and whole tribes of the northern race seem to feel an instinctive desire to exercise their teeth upon some solid substance, as pet squirrels will gnaw the furniture if you give them nut kernels instead of nuts. Thus Kohl tell us that the natives of Southern Russia are addicted to the practice of chewing a vegetable product which he at first supposed to be pumpkin or melon seeds, but found to be the much harder seed of the Turkish sunflower (*Helianthus perennis*). Their national diet consists of milk, *kukuruz*, (hominy, with butter, etc.), and boiled mutton, and they seem to feel that their Turkoman jaws need something more substantial. The school-boy habit of gnawing pen-holders, finger nails, etc., may have a similar significance. The *Mimosa siliqua* would yield abundantly in our Southern States, and its sweet pods would make an excellent substitute for chewing gum. Our practice of sipping ice-cold and steaming hot drinks, turn about, has also a very injudicious effect upon the brittle substance that forms the enamel of our teeth; no porcelain glaze would stand such abuse for any length of time, and experience has taught hunters and dog fanciers that it destroys even the bone-crushing fangs of the animal from which our canine teeth derive their name.

The year 1811 was prolific in the births of notable Americans. A writer in the New York Tribune says: "Look at the list—Horace Greeley, Charles Sumner, ex-Gov. Morgan, Wendell Phillips, Elihu Burritt, Harriet Beecher Stowe, Fannie Fern, Edgar Allan Poe, Dr. J. W. Draper, Fannie Kemble, Noah Porter, Horatio Seymour, Alfred B. Street and William Page. There are doubtless many more, but it is a goodly list as it stands.

God walks with the simple; he reveals himself to the lowly; he gives understanding to little ones; he discloses his meaning to pure minds, and hides his grace from the curious and proud.—Thomas Keuper

Falsehood sinks us into contempt with God and man.

# S. MATLACK

OF

ARKANSAS CITY, - KANSAS,

Desires to call the attention of stockmen and all other residents in the Indian Territory to his Special Inducements in

## Dry Goods and Groceries!

I CARRY THE LARGEST STOCK OF

## GENERAL MERCHANDISE

IN ARKANSAS CITY, AND IF

Bed-Rock Prices, Honest Dealing - AND - Courteous Treatment

Will Secure Your Trade, I am Determined to Win It.

I HAVE A LARGE LINE OF

## HATS AND CAPS, BOOTS AND SHOES,

ESPECIALLY ADAPTED TO YOUR WANTS, ALSO THE LARGEST STOCK OF

## CLOTHING

IN THE CITY, WHICH MUST POSITIVELY BE SOLD DURING THE

Fall and Winter,

REGARDLESS of COST!

YOUR ORDERS ARE SOLICITED

AND WILL RECEIVE PROMPT AND CAREFUL ATTENTION.

#### Debt.

We copy the following from Harper's Bazar:

The present system of shopping and marketing on credit, is radically wrong, and an injury to all concerned, and the fault lies about equally with those who buy and those who sell. The merchant likes a running trade with his safe customers, because it gives him a hold on their continuance, and makes his sales larger and more profitable. The customer likes it because it evinces his good credit, and enables him to get what he wants without waiting for a full purse. But at length a settlement comes, and then the customer is astonished at the amount of the bill, and his own folly in purchasing things which his family could easily have dispensed with.

If you are wise, and will consult your own comforts and the good of others, you will follow the rule, pay as you go, inflexibly. It does not need the authority of an apostle to establish the wisdom of the proverb "Owe no man anything." Were this sage precept universally obeyed, one of the chief sources of trouble would be taken out of the civilized world. Besides a great gain in public morals, there would be a saving of economy of living. But if in the management of your property, you are sometimes asked to give credit or time for payment, do not fear to scrutinize the debtor closely. A good customer is never disconcerted by it; it is only the doubtful and the bad who resent it. Short settlements, however, make long friendships. A very long credit account, like a note, becomes in-time invalidated. It dies of old age.

#### General Grant's Lion Hunt.

Sunday School Gazette.

It has just leaked out that while General Grant was traveling in Asia he expressed his desire to get a shot at a lion. Not wishing to expose him to danger, the natives secured a stuffed lion, set it up in a jungle, and then took the illustrious traveler out for a hunt. When the beast was sighted the general was all excitement, and, drawing up to a favorable position, he began to blaze away at the animal with no perceptible effect. After firing about twenty shots he began to get mad, and taking off his coat, he settled down for a regular siege. Fearing his wrath when he discovered the sell, the attendants endeavored to induce him to give up the attempt to kill the beast, telling him that it bore a charmed life, and that he could not possibly injure it. He told them to go to thunder, that he was after blood, and was going to have it. After a vain fusillade of half an hour he arose to his feet, gnashing his teeth with rage, threw his suspenders off his shoulders, rolled up his sleeves, and grabbed his rifle by the barrel, so he could use it as a club. The attendants again begged him to desist, but he politely though forcibly informed them that he would have that cuss or leave his honored remains strewn promiscuously all through the jungle; and with a wild cry of "I'll fight it out on this lion if it takes all summer!" he rushed upon the beast, and with one well-directed blow laid it over on its side. Then he chased the native attendants for six miles, but being better acquainted with the country, they got away from him entirely.

#### Living in Glass Houses.

Texas Siftings.

Mrs. McSpillkins, who is very regular in her attendance at an Austin Avenue church, was visited by a lady not long since, who observed that Mrs. McSpillkins' boy, Ike, had a nigger-shooter, which is a rubber catapult for propelling pebbles.

"I would be afraid to let my boy have one of those things," remarked the visitor, "he might break the windows."

"I know it," responded Mrs. McSpillkins, with an angelic smile, "but this is a rented house, and we are going to move out before cold weather sets in."

Memory is a source of comfort and a stimulant to efforts.